

ACTIVITY 1A -

Complete this table for a risky activity that you chose to participate in.

What was the risky activity you did:			
List some positive outcomes that came from this activity	Tick the box that best fits the category your positive outcome relates to		
	Physical Health & Safety	Psychosocial Well-Being	Financial
List some negative outcomes that came from this activity	Tick the box that best fits the category your negative outcome relates to		
	Physical Health & Safety	Psychosocial Well-Being	Financial
Explain whether you will undertake this 'risky' activity again.			
Are there any changes you would make or anything you would do differently the next time?			

ACTIVITY 1B -

Now, complete this table for a risky activity that you were NOT supported to participate in.

Write a risky activity you chose <u>NOT</u> to participate in:			
List some positive outcomes that came from not to participating in this activity	Tick the box that best fits the category your positive outcome relates to		
	Physical Health & Safety	Psychosocial Well-Being	Financial
List some negative outcomes that came from not to participating in this activity	Tick the box that best fits the category your negative outcome relates to		
	Physical Health & Safety	Psychosocial Well-Being	Financial
Thinking about it now, would you have changed your <u>choice</u>? Explain.			